

# Alexian Brothers Behavioral Health Hospital

*In the following interview, Dr. Patrick B. McGrath, Ph.D., Director of the OCD and Related Anxiety Disorders Program at Alexian Brothers Behavioral Health Hospital in Hoffman Estates, Illinois, will talk about a new treatment program available in the Chicago area for OCD.*

**Newsletter: We have learned that Alexian Brothers Behavioral Health Hospital (ABBHH) has opened an intensive treatment program for OCD. Can you please describe the program to us?**

Dr. McGrath: The OCD and Related Anxiety Disorders Program (OCDRADP) is an outpatient program with two levels of care. The Partial Hospital Program (PHP) is a six hour a day, five day a week program and the Intensive Outpatient Program (IOP) is a three hour a day,

four day a week program. The main focus of these programs is the intense treatment of OCD and other anxiety disorders using Cognitive-Behavioral Therapy (CBT) and Exposure and Response Prevention (ERP). The day is structured in such a way as to allow



Patrick B. McGrath, Ph.D.

patients to do both ERP and CBT on a daily basis. Patients in the PHP will also meet weekly with a psychiatrist to assist with any medication management concerns that they may have.

**Newsletter: What types of disorders will you be treating at OCDRADP?**

Dr. McGrath: We will be treating all anxiety disorders: OCD, Generalized Anxiety Disorder, PTSD, Specific Phobias, Panic Disorder, and Social Phobia.

**Newsletter: What are the ages of people that you see?**

Dr. McGrath: We are currently working with adolescents and adults. Our typical range of ages is between 13 to 60, though we will take patients that are older than that; and we can also consult with our child program if any children are showing any OCD symptoms.

**Newsletter: Is your program covered by insurance?**

Dr. McGrath: We are covered by most insurance programs as well as Medicare and Medicaid for certain populations. One advantage of being at a hospital is that we have an excellent billing department who will be of great assistance in helping new patients figure out their coverage levels as well as assist on any precertification needs. Our billing department will also let you know about your co-pay or deductible requirements and meet with you weekly to review your account with you.

**Newsletter: How long are patients typically in the program?**

Dr. McGrath: Patients are typically in the PHP for two weeks, and then typically step down into the IOP for two weeks. As the patients progress in the program, we will work on transitioning them into traditional outpatient therapy with either their referring therapist or with a therapist who specializes in OCD. There is no time limit on the program as long as patients are progressing.

**Newsletter: Are families ever involved in treatment?**

Dr. McGrath: Yes they are. We try to do family sessions on a weekly to bi-weekly basis, as long as the patients are willing. If they are not, we do try to encourage them to do a family session, though we never make anyone do them.

**Newsletter: What would you consider to be a typical patient?**

Dr. McGrath: Our typical patients all have primary diagnoses of OCD or other anxiety disorders. Most of our patients have attempted traditional outpatient therapy and have needed to step up to a higher level of care, or they are referred to us from an inpatient or residential setting. Many of our patients have also transferred to our program from other programs in the hospital. Many of these patients start with some cross-tracking with us while they are in the other program, and then transfer to us when the issues that they have been dealing with in the other program have been successfully treated. For example, someone may enter our Chemical Dependency (CD) Program to be weaned off of benzodiazepines that they were using to deal with their OCD; and then once they start to stabilize, they can cross-track with us for an hour a day. When they complete the CD program, they can then come to the OCDRADP to specifically address their OCD.

**Newsletter: How many patients do you treat in the program at any time?**

Dr. McGrath: Our staffing numbers are designed to adjust to the number of patients that we have in the program. Therefore, we have the luxury of treating as many patients as we have trained staff. As our numbers grow and we train even more staff, we will continue to be able to serve a wide variety of patients.

**Newsletter: What is your training in treating OCD? Who do you have on your staff?**

Dr. McGrath: I am at the program every day and do see patients in the program on a daily basis, barring any visits to conferences or speaking engagements. I try to work with all of the patients during their stay in the program, and will have a hand in all of their treatments through staffings and supervision of my team. My specific training in OCD started in 1999 under the supervision of Dr. Alec Pollard at the

Saint Louis Behavioral Medicine Institute as a postdoctoral fellow. After my two year fellowship, I joined the staff at SLBMI for several months; and then went to Michigan State University, where I led the Anxiety Disorder and Eating Disorder group therapy program, as well as the Cognitive Behavioral Therapy seminars. I then came to the Chicago area and opened an anxiety treatment center at a hospital in the western suburbs and moved that program to ABBHH in the winter of 2006.

In addition to me, we have two full-time therapists, Adrienne Ahlquist, L.C.S.W., and Shayla Parker, L.C.P.C., both of whom have trained under and worked for me for three years. We also have students who are working on their doctoral degrees who do rotations with us as well, and we hope to be able to offer an internship position in the next year or two.

**Newsletter: What other services do you offer at ABBHH?**

Dr. McGrath: ABBHH is a full service behavioral health hospital. We have inpatient units for children, adolescents, adults, and geriatric patients. We have many specialty programs as well, including Self Injury Recovery Services, Eating Disorders, and Chemical Dependency, in addition to general mental health services for children, adolescents, adults, and older adults.

If a patient with OCD comes into our program and needs help in other areas, we can usually offer them ancillary services. We can also hospitalize patients for inpatient stays if it is required.

**Newsletter: What do patients do after completing the program?**

Dr. McGrath: We refer the patient back to the therapist that referred him/her to the program. However, there are times that the patients want to continue to work with an OCD specialist. In these cases, we have some availability to see them on an outpatient basis, or we can refer them to some therapists in the area that work specifically with OCD.

**Newsletter: If people were to come from outside of the Chicago area for treatment, do you have facilities where they may stay?**

Dr. McGrath: We do have relationships with some of the hotels in the area where we get special rates. We welcome individuals to come to our facility if there are not facilities available in their area.

**Newsletter: How can someone get in touch with you about your programs?**

Dr. McGrath: Please feel free to contact me directly at:  
 Alexian Brothers Behavioral Health Hospital  
 1650 Moon Lake Boulevard  
 Hoffman Estates, IL. 60169  
 Phone: (847) 755-8531  
 Pager: (847) 479-0732  
 Fax: (847) 755-8508  
 patrick.mcgrath@abbhh.net.